

LIVING Better

A Butler VA Quarterly Magazine

summer 2021



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BUTLER VA HEALTH CARE SYSTEM'S SUMMER HIGHLIGHTS



1 In August, the Butler VA Caregiver Support Program held a Caregiver Summit - Inclusive Care: Empowering & Engaging Caregivers as Partners in Care. The purpose was to bring together key stakeholders in the community with the goal of addressing the support needs of Veteran caregivers and families residing in the local area.

4 Butler VA Chef Cliff McClure (along with Chef Rachelle Lyons) put on a healthy grilling demonstration this summer. Follow the Butler VA Facebook page to learn more about upcoming cooking (including grilling) demonstrations: www.facebook.com/VAButlerPA

7 Monthly "Music is Medicine" is back! Research shows listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory. Join us monthly.

2 The Butler VA's Fire Department held a flashover training on campus this summer. Being able to recognize the signs of a flashover is essential to the survival of a firefighter. The flashover simulator provides firefighters with the knowledge to recognize the signs of a flashover and the skills to mitigate the situation. Thank you to our brave firefighters!

5 A martial arts demonstration took place outside for this year's Summer Health & Wellness Event. Free martial arts classes are held weekly for Veterans. For more information, or to sign up, Veterans should call 878-271-6484.

8 Brenckle's Farms and Greenhouses provided locally grown, farm fresh produce on the Butler VA campus this summer for the annual farmers markets. A final farmers market is coming up in September!

3 Starting in June, Veteran residents in the Sergeant Joseph George Kusick VA Community Living Center began taking regular DrumFIT classes. DrumFIT is a customizable music, motion, and memory program with varying intensity, ensuring that everyone can have access to the benefits of this unique cardio program.

6 Butler VA volunteer Liz Archambault painted a rock for the Kindness & Remembrance Rocks Gardens (coming soon to the Butler VA!) Christine from Steele's Brushes & Ceramics assisted Veterans, volunteers, and staff with their rock painting.

9 A creative arts workshop just for women Veterans was held in August, focusing on meditative painting. Abstract techniques were used to address different themes and the participants enjoyed discussing their creativity with each other.

cover photo

The Butler VA's Fire Department shared fire safety information, gave firetruck tours, and more during the annual Summer Health & Wellness Event.



Dear Veterans, family members, employees, volunteers and friends of the Butler VA,

With summer ending, and fall (and flu season) starting, I encourage everyone to take care of themselves - wash your hands, maintain physical distance, and get your COVID-19 and flu vaccines. Veterans can receive free, safe and effective vaccines at VA. In addition to your physical health, pay attention to your mental health, and please reach out if you need it. We are here for you. Our mental health team is available locally, and the Veterans Crisis Line is available via phone, text, and online chat 24/7/365.

Thank you for support and service, and stay well.

Sharon Coyle, Acting Director

C O N T E N T S

Summer 2021



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Create

The Butler VA is offering free creative art workshops for Veterans throughout the summer. To date, Veterans have been able to participate in painting, pottery, ceramics, and creative writing workshops – with even more planned.



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New Pharmacy Residency Program

A first for the Butler VA – a Pharmacy Residency program! Ce Jae Scolese and Kaylee McCaffrey, the first two residents of this new program, shared why they chose the Butler VA for this opportunity.



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You Are Not Alone

Veterans who served in Afghanistan may be experiencing a range of challenging emotions related to the U.S withdrawal from the country and the events unfolding now. You are not alone. Support is available at the Butler VA.



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Health Tech, Tips & Tastes

What's new and interesting in VA's health technology? Find out! Also, enjoy a health tip and tasty recipe.

and more...

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VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Butler VA Health Care System

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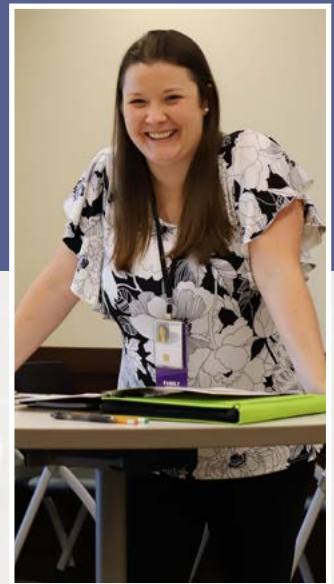
Amanda Kurtz

Photographers

Karen Dunn

Create

Creative Art Workshops for Veterans



4 The Butler VA Health Care System is offering free creative art workshops for Veterans throughout the summer. Participants are encouraged to then submit their art to the local Creative Arts Festival in September where first place winners will go on to compete in the National Veterans Creative Arts Competition.

“We offer these workshops to Veterans to help spark their creativity for the competition and to have fun and learn something new with fellow Veterans,” said Karen Dunn, Health Promotion & Disease Prevention Program Manager. “Creating art is therapeutic and healing. It is a great way for our Veterans to focus on their overall well-being.”

To date, Veterans have been able to participate in painting, pottery, ceramics, and creative writing workshops – with even more planned in the coming weeks.

U.S. Army Veteran Cheryl Schaefer has participated in several workshops. She looks forward to additional ones coming soon.

“The art workshops are a great place to express yourself and show some of your hidden talents. I personally have seen Veterans come to these and enjoy doing new things for the first time, as well as some showing a talent that we didn’t know they had!”

The Creative Arts Workshops are held to promote Whole Health to Veterans, and are funded by the Office of Patient Centered Care & Cultural Transformation. VA’s Whole Health program includes eight components of proactive health and well-being, including Personal Development. Personal Development includes becoming better at something, such as a talent or skill, and being creative.

“Taking the opportunity to learn and grow in your personal (and work) life can be empowering and affect your health and well-being. Personal Development focuses on different ways you can grow in different areas of your life. Having more options and control in your life can help you be happier and healthier,” added Dunn.

Veterans should contact the Health Promotion & Disease Prevention Program Manager at 878-271-6484 to register for one or more workshops, or if they have any questions. Additional information will be shared on the Butler VA’s Facebook page. More details about the National Veterans Creative Arts Competition is available in the 2021 Competition Handbook: www.blogs.va.gov/nvspse/wp-content/uploads/2021/02/2021-NVCA-Competition-Handbook-FINAL.pdf.



New Pharmacy Residency Program

First Residents Started in July

A first for the Butler VA Health Care System – a Pharmacy Residency program! The new Post-Graduate Year 1 (PGY1) Pharmacy Residency program at the Butler VA is a 12-month program where residents who graduated from an ACPE-accredited college of pharmacy with a Doctor of Pharmacy (PharmD) degree will train to learn advanced clinical skills to prepare them for future positions as PGY2 Residents and/or Clinical Pharmacy Specialists.

“We were approved for the funding for two residency positions and successfully matched with two candidates during the ASHP Resident Matching Program earlier this year. These residents started on July 1, 2021, and will remain with us through June 30, 2022,” shared, Brandi Lumley, Program Manager for Clinical Pharmacy Services at the Butler VA and Residency Program Director.

Ce Jae Scolese and Kaylee McCaffrey, the first two residents of this new program, shared why they chose the Butler VA for this opportunity.



“I chose the Butler VA because of the quality care they provide to Veterans. Throughout pharmacy school, I strived to provide patient-centered care to those in need and I love the autonomy pharmacists have within the VA health care system. So far, I really enjoy

working with the people here. Everyone I have interacted with has been so kind and supportive making the Butler VA a great environment to learn and grow professionally.” – Scolese



“I chose the PGY1 program at the Butler VA because I wanted to use my passion for ambulatory care to both help Veterans and continue to grow as a future pharmacist. I also felt I had a lot of similarities with the staff here and enjoyed their close-knit and friendly environment.” – McCaffrey

The purpose of this PGY1 Pharmacy Residency Program is to build on Doctor of Pharmacy (PharmD) education and outcomes to contribute to the development of clinical pharmacists responsible for medication-related care of patients with a wide range of conditions, eligible for board certification, and eligible for postgraduate year two (PGY2) pharmacy residency training. This residency aims to train pharmacists to provide pharmaceutical care, primarily to ambulatory, geriatric and long-term care patients, participate as a member of the health care team, and provide education to patients, health professionals and themselves. The learning experiences offered include:

- Introduction/Orientation
- Inpatient Pharmacy Operations
- Outpatient Pharmacy Operations
- Anticoagulation
- Ambulatory/Primary Care
- Home Based Primary Care
- Long-term Care/Antimicrobial Stewardship
- Behavioral Health/Academic Detailing
- Pain Management
- Substance Use Disorder/Domiciliary



- Practice Management
- Advanced Ambulatory/Primary Care
- Advanced Behavioral Health/Substance Use Disorder
- Advanced Pain Management

In addition to Lumley serving as the Residency Program Director, the Butler VA Chief of Pharmacy, Associate Chief of Pharmacy and Clinical Pharmacy Specialists serve as preceptors and educators throughout the year to facilitate learning experiences the residents will rotate through to give them a well-rounded learning experience.

“Along with the rotated learning experiences, each resident will complete a major project throughout the course of the year that they identify as a means to benefit the facility, and most importantly the Veteran care we provide,” added Lumley.

Learn more about the Butler VA Pharmacy: www.va.gov/butler-health-care/pharmacy

You Are Not Alone

Coping with current events in Afghanistan



Veterans who served in Afghanistan may be experiencing a range of challenging emotions related to the U.S. withdrawal from the country and the events unfolding now. Veterans who served during other conflicts also may be feeling strong emotions as they may be reminded of their own deployment experiences. You are not alone.

Common Reactions

8 Veterans may experience the following reactions related to the current events in Afghanistan:

- Feeling frustrated, sad, helpless, distressed (including moral distress), angry, or betrayed
- Worrying about Afghans who worked with the U.S. military, like interpreters
- Experiencing an increase in mental health symptoms like symptoms of PTSD or depression
- Sleeping poorly, drinking more or using more drugs
- Trying to avoid all reminders or media or shy away from social situations
- Having more military and homecoming memories
- Questioning the meaning of their service or whether it was worth the sacrifices they made

Veterans also may feel like they need to expect and/or prepare for the worst and may:

- Become overly protective, vigilant, and guarded
- Become preoccupied by danger
- Feel a need to avoid being shocked by, or unprepared for, what may happen in the future

Feeling distress is a normal reaction to negative events, especially ones that feel personal. It can be helpful to let yourself experience those feelings rather than try to avoid them. Often these feelings will naturally run their course. If they continue without easing up or if you feel overwhelmed by them, the suggestions that follow can be helpful.

Strategies for Managing Ongoing Distress

At this moment, it may seem like all is lost, or like your service or your sacrifices were for nothing. Consider the ways that your service made a difference, the impact it had on others' lives or on your own life. Remember that now is just one moment in time and that things will continue to change. It can be helpful to focus on the present and to engage in the activities that are most meaningful and valuable to you. Is there something you can do today that is important to you? This can be as an individual, a family member, a parent, or a community member. Is there something meaningful regarding your work or your spirituality that you can put additional energy into? These activities will not change the past or the things you can't control, but they can help life feel meaningful and reduce distress, despite the things you cannot change. It also can help to consider your thinking. Ask yourself if your thoughts are helpful to you right now. Are there ways you can change your thinking to be more accurate and less distressing? For example, are you using extreme thinking where you see the situation as all bad or all good? If so, try and think in less extreme terms. Rather than thinking "my service in Afghanistan was useless," consider instead, "I helped keep Afghanistan safe."

Source: Vantage Point

You are not alone.



Finally, consider more general coping strategies:

- Engage in positive, healthy activities that are rewarding, meaningful, or enjoyable, even if you don't feel like it, as they can make you feel better.
- Stay connected by spending time with people who give you a sense of security, calm, or happiness, or those who best understand what you are going through.
- Practice good self-care by engaging in activities such as listening to music, exercising, practicing breathing routines, spending time in nature or with animals, journaling, or reading inspirational text.
- Stick to your routines and follow a schedule for when you sleep, eat, work, and do other day-to-day activities.
- Limit media exposure, especially if it's increasing your distress.
- Use a VA mobile app by visiting: <https://mobile.va.gov/appstore/mental-health>.
- Try PTSD Coach Online, which is a series of online videos that will guide you through 17 tools to help you manage stress.

When to Consider Professional Help

If your distress is prolonged or you are unable to function well, consider seeking help. There are competent and caring professionals available who can help you with the most common responses such as depression, anxiety, PTSD, moral injury, and complicated grief.

Connect with the mental health care team at the Butler VA: www.va.gov/butler-health-care/health-services/mental-health-care/

Talk about your reactions in community-based VA Vet Centers, where over 70% of staff are Veterans themselves. Call 1-800-WAR-VETS or find one near you.

Go to MakeTheConnection.net, an online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives from challenging life events or experiences to mental health issues or challenges.

If you feel like you might hurt yourself or someone else, reach out now. The Veterans Crisis Line, online chat, and text-messaging service are free to all Veterans, even if you are not enrolled in VA health care. Confidential support is available 24 hours a day, 7 days a week, 365 days a year through the Veterans Crisis Line (1-800-273-8255 and press 1).

<https://www.veteranscrisisline.net/>

My HealtheVet Advanced accounts will be discontinued

My HealtheVet, VA's online patient portal, gives you access to your VA health information so you can understand and manage your VA care. Beginning September 2021, My HealtheVet Advanced accounts will be discontinued. If you have an Advanced account today and do not upgrade to a Premium account, your account will revert to a Basic account. If that occurs, you will lose access to the pharmacy features, including the ability to request and track your VA prescription refills.

That means... it's time to upgrade to a Premium account! With a free Premium account, you can securely access your VA health information, 24/7.



Three ways to upgrade to Premium level

If you have an Advanced account, there are three ways to upgrade to Premium level: in person, online, or through a video appointment. Upgrading your account is free.

If you want to upgrade in person or through a video appointment, contact the Butler VA My HealtheVet coordinator at (878) 271-6963. Ask about upgrading to a Premium account.

To upgrade online, you will need to use your DS Logon Premium or ID.me secure sign-in credentials. You can learn more about the online upgrading process on the My HealtheVet blog post (<https://www.myhealth.va.gov/mhv-portal-web/web/myhealthevet/upgrading-your-my-healthevet-account-through-in-person-or-online-authentication>).

Get more information

To learn more, visit the My HealtheVet website (<https://www.myhealth.va.gov/mhv-portal-web/home>), watch the My HealtheVet Premium video (https://www.youtube.com/watch?v=87dt_z8LeRM), or contact the Butler VA My HealtheVet coordinator at (878) 271-6963.

COVID-19 booster shots and additional doses

We follow Centers

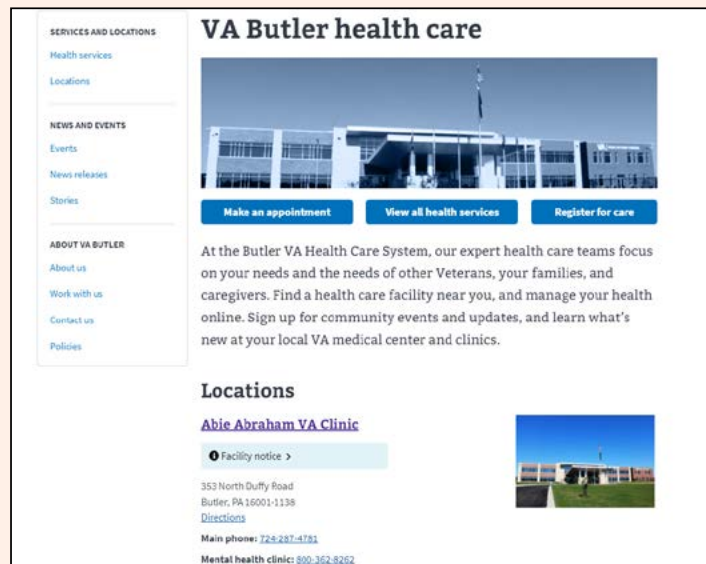
for Disease Control and Prevention (CDC) guidance on booster shots and additional COVID-19 vaccine doses. Booster shots aren't available yet, but we'll update you here when we have more information about where and when you can get one. Visit www.va.gov/health-care/covid-19-vaccine/booster-shots-and-additional-doses/ for the latest updates on additional doses for people with weakened immune systems.

We continue to offer COVID-19 vaccines to Veterans, spouses, caregivers, and CHAMPVA recipients as quickly and safely as we can. Learn more about COVID-19 vaccines at the Butler VA: www.va.gov/butler-health-care/programs/covid-19-vaccines/.

Veterans who have questions regarding COVID-19 vaccines are encouraged to speak to their health care provider. The "Coronavirus FAQs: What Veterans need to know" webpage can also help address questions and concerns: www.va.gov/coronavirus-veteran-frequently-asked-questions/.

Just Launched: All-New Butler VA Website

The Butler VA just launched a new website that gives you better service and an easier online experience. Visit the Butler VA's new website: <https://www.va.gov/butler-health-care/>. The old website is no longer functional, and you will automatically be directed to the new site. It's all part of our continuing work to improve the Veteran experience.



New Pergola Opens at New Castle Road Campus

A new pergola has been constructed on the Butler VA's New Castle Road campus for Veterans and their families. A small grand-opening celebration was held in August to commemorate the occasion.

This new space will primarily be used for Veterans' wellness – whether that be a fitness class like yoga, or a creative arts workshop like creative writing. The space also will provide a new, sheltered location for Veterans and their families (and staff) to enjoy some time outdoors.

All classes, workshops, and events in the new space will be posted to the Butler VA website (www.va.gov/butler-health-care/) and Facebook page (www.facebook.com/VAButlerPA). Please visit these links often to stay up to date.

11



REMINDER: We're Celebrating 75 Years of VA Health Care!

VA health care turns 75 this year—and the Butler VA Health Care System is inviting Veterans to celebrate with us. Enrolled Veterans, staff and retirees, and Butler VA volunteers are encouraged to participate in the 75 Reasons Why and Happy 75th Birthday Campaigns that will run through the end of the year. Share your reason for choosing the Butler VA for your health care, employment and volunteer service. If you are turning 75 this year, we want to celebrate with you.

For more information on Butler VA's 75th events and campaigns, contact Paula McCarl, Public Affairs Officer at paula.mccarl@va.gov or 878-271-6492.

For more information about VHA's 75th anniversary, visit <https://www.va.gov/vha-history/>.

Summer Drumming

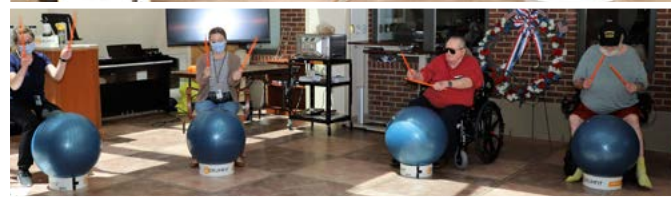
Starting this summer, Veterans have been enjoying drumming as a new wellness option at the Butler VA.

Veteran residents in the Sergeant Joseph George Kusick VA Community Living Center (CLC) have been taking a new class called DrumFIT once a month. DrumFIT is a customizable music, motion, and memory program suitable for a wide range of ability levels, from sitting to standing, with varying intensity, ensuring that everyone can have access to the benefits of this unique cardio program.

To date, DrumFIT has received a lot of positive comments from Veteran residents, including Gary Cratty who stated: "I like listening to music. So, drumming to the beat of the music was fun and good exercise." Veteran resident Michael Latsko also shared: "It was an excellent mental and physical exercise that was fun and didn't actually feel like exercise."

In addition to DrumFIT for Veteran residents, all Veterans are able to participate in a free, weekly class called "One Beat at a Time." In partnership with the Butler YMCA, this drumming for Veterans class is offered every Wednesday at 5 p.m.

The studies done on drumming show something both simple and amazing; it works! Test after test shows that drumming has positive benefits for both mental and physical health. It accelerates physical healing, boosts the immune system, reduces tension and anxiety, helps alleviate symptoms of PTSD and stress, and aids in better therapy-based communication with mental health professionals.



Interested in drumming? Call the Butler VA's Health Promotion & Disease Prevention program today: 878-271-6484.

www.va.gov/wholehealth



Veterans Serving Veterans

Butler VA's Administrative Officer for Specialty and U.S. Air Force Veteran Jenny Whalen

“As a Veteran, I choose to work for the VA because of the great people we serve. There is a bond that we all developed while in that is hard to break. Each individual has their own story that they carry with them that makes them unique, interesting, and special. Being surrounded by others that have shared some of the same experiences and ideals as I have, makes coming to work an experience that can't be duplicated.**”**

Hey Veterans! Share your stories with us in Vet Chat. Contact the Butler VA Public Affairs Office today at 878-271-6492.

'Other' Vaccines to Remember

Pneumonia, shingles, and tetanus. Are you up to date?

When you hear the word “vaccine,” odds are you instantly think of COVID-19. But it’s also important to remember that other vaccines keep us safe from illnesses that existed before the coronavirus. Everyone needs to be hands-on to keep themselves healthy.

The list below will help you decide which vaccines you should get, when, and why.

1. **Pneumonia vaccine:** Pneumonia causes 1 million hospitalizations and about 50,000 deaths a year. It’s an infection of the lungs and the most common complication of the flu. There are two different vaccines. You should talk to your doctor about whether you need one vaccine or both. Send your provider a secure message online or call them to see if it’s time to get this vaccine.
2. **Shingles vaccine:** The risk of getting shingles rises with age. One in three people will get it, usually after age 50. By 85, half of the adults will have had at least one outbreak. Everyone 50 and older should get the shingles vaccine, Shingrix®. To prevent shingles, you should get the vaccine. It’s given in two doses spaced two to six months apart.

Adults age 50 and older should get this vaccine even if they remember having chicken-pox as a child. Those who previously received the Zostavax® (shingles) vaccine also should receive the Shingrix®(shingles) vaccine.

3. **Tetanus vaccine or booster:** If you can’t remember getting this shot, you probably need it. You may need a Tdap (tetanus, diphtheria, and pertussis (whooping cough)) at least once, and then you’ll need the Td booster (or Tdap) every 10 years. However, if you got your booster eight years ago and step on a rusty nail, you should contact your doctor about what to do immediately. Your protection against tetanus and diphtheria can fade.

In the first year after getting vaccinated, Tdap prevents illness in about seven out of 10 people who get the vaccine. Make sure you are up to date on this vaccine or booster. If you get a wound, be sure you have been vaccinated within the last five years. Reminder, the Tdap vaccine should be received during each pregnancy.

Check out the CDC’s Adult Vaccine Assessment Tool: <https://www2a.cdc.gov/nip/adult-timmsched/>.

Answer the questions and get a list of vaccines you may need based on your answers. (This list may include vaccines you’ve already had.) Discuss the list with your VA doctor or health care professional.

Source: My HealtheVet and the Centers for Disease Control and Prevention (CDC)

Who’s Who?

REBECCA (BECCA)
BROWN, MSN
Butler VA Women Veteran
Program Manager



In June, the Butler VA welcomed Rebecca (Becca) Brown as the new Women Veteran Program Manager!

Brown has been a nurse since 2013, and has specialized in critical care, oncology, and research. She most recently came from UPMC where she managed the hospital’s IV Team and Resource Pool. She also was the project manager for a hospital-wide falls initiative and chaired the Evidence-base Practice and Research Council.

She has two boys and spends most of her free time rescuing and fostering animals. Brown has a lot of family and friends that have or are still serving in the military; supporting, caring, and empowering Veterans has been a long-time goal of hers.

“I am so excited to be here and to help grow the Women Veteran Program at the Butler VA. Thank you for your service and your dedication to Women’s Health!”

Contact Brown directly at 878-271-6989.

HEALTH TECH – USING LIGHT TO SCAN FOR ALZHEIMER'S DISEASE

Researchers with the VA Bedford and VA Boston health care systems have developed a non-invasive optical technique to help detect Alzheimer's disease. The new technique uses spectroscopy—measuring how light is scattered and absorbed when passing through matter—to identify structural changes in the brain.

Alzheimer's disease is a progressive neurodegenerative disease. It is the leading cause of dementia. Alzheimer's disease eventually leads to death and no cure currently exists, although medication and supportive treatments can temporarily relieve symptoms.

Alzheimer's is hard to definitively diagnose at an early stage. Because symptoms are often subtle and gradual at first, the ongoing, irreversible damage is not easy to detect until it is more advanced. Alzheimer's can definitively be diagnosed only by analyzing brain tissue after death.

VA researchers have developed a new technique that uses light to capture chemical and structural information from brain tissue. The technology works by positioning two fiber-optic probes on the surface of a patient's temple. One probe delivers near-infrared light non-invasively and harmlessly into the patient's brain. The other probe collects the light that scatters back.

Near-infrared light—light just at the border of the infrared region of the electromagnetic spectrum—is particularly useful for examining the brain. It can penetrate deeply into the tissue because the light is only weakly absorbed. This allows for areas of the cerebral to be probed.

Spectroscopy measures how light moves through and bounces off matter. Different substances block light energy to different degrees, causing the light to be absorbed or scattered. The light detected differs from the initial light because of interactions with the brain tissue.

In collaboration with Boston University's Alzheimer's Disease Center, the researchers previously demonstrated the usefulness of this technology using autopsy brain samples from deceased volunteers. Near-infrared spectroscopy

was able to distinguish brains confirmed to have Alzheimer's from those without. By comparing the light refraction from healthy tissue to that of diseased brains, the researchers identified refraction characteristics of tissue affected by Alzheimer's disease.

In the new study, researchers applied this technique to three groups of living volunteers: healthy controls, patients with mild cognitive impairment, and late-stage patients who had an Alzheimer's diagnosis confirmed by autopsy after they died.

They devised a computer algorithm to identify patterns in the spectroscopy data. Through this analysis, researchers found two spectral features that signaled the difference between patients with late-stage Alzheimer's disease from controls with normal brain function. This could be significant in identifying the onset of Alzheimer's disease at an early stage.

This is the first experiment to use such a non-invasive technique to classify a neurodegenerative condition in living patients.

Beyond helping to identify Alzheimer's disease, the new technology could also lead to improved treatments, say the researchers. Large clinical trials are still needed to determine whether spectroscopy readings can track disease progression. If they can, explain the researchers, "this approach could become a safe, non-invasive method for assessing response to treatments in real time."

The new technology could be especially helpful for Veterans. Lead author Dr. Frank Greco explains, "Veterans are more at risk for Alzheimer's disease than the general population. This technique has the potential to help identify what factors may increase that risk."

The spectroscopy method was accepted by the Food and Drug Administration as a protocol for possible clinical use. Before it can be put into practice, clinical trials will need to be conducted. The researchers are refining the design of the probe and the specifications of the spectrometer, software, and interpretation of the output toward that end.



Photo Credit: Frank Curran



Photo Credit: Frank Curran

Source: VA Research Currents

Health Tastes - Pork Tenderloin Kebabs



Ingredients

- 1 (~1-pound) pork tenderloin
- 2 bell peppers, diced
- 1 zucchini, cut into 1- to 2-inch slices
- 1 red onion, cut into 1- to 2-inch chunks
- 10 ounces mushrooms, cut in half if wider than about 1 inch
- 1 pineapple, cubed
- 1 peach, halved, pitted, and cubed
- 2 tablespoons oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Fat: 11.5g ★ Calories: 350 ★ Protein: 34.5g ★ Sodium: 370mg

Directions

Preheat oven to 400°F. If grilling, preheat to medium-high heat. Place 12 wooden skewers in warm water to soak for 10-15 minutes. If using metal skewers, soaking is not needed. Cut pork tenderloin into 1-inch cubes. In a large bowl, combine the bell peppers, zucchini, onion, mushrooms, pineapple, peach, oil, salt, and pepper. Assemble the kebabs by alternating between the cubed pork and the various vegetable/fruit pieces. Roast or grill the kebabs until the pork is cooked to an internal temperature of 145°F, about 10-15 minutes, turning every 3-5 minutes if grilling.

Crossword

Try a Crossword Puzzle



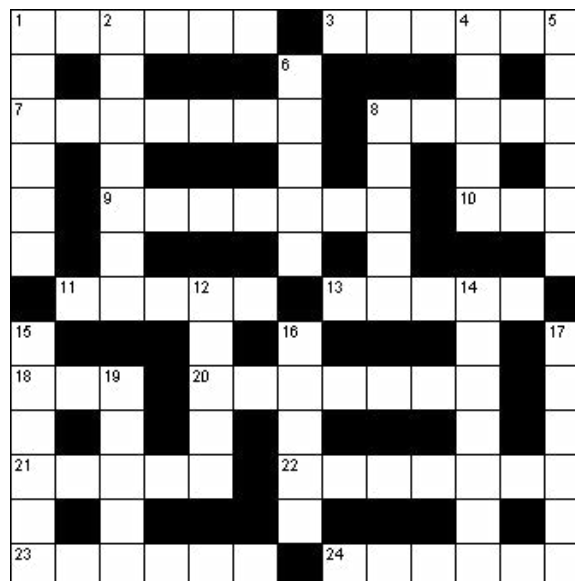
Escape the summer heat and crowds and try a crossword puzzle! Many studies have shown the positive effects of crossword puzzles on one's brain such as improved memory, verbal skills, and problem solving.

ACROSS

- Capital of Spain (6)
- New York lake, sounds tranquil (6)
- Falls and honeymoon resort (7)
- Austrian province (5)
- Washington's largest city (7)
- Country, initially (3)
- Augusta is the state capital (5)
- Florida resort (5)
- Australian capital, initially (3)
- Reykjavik is the capital (7)
- Europe's longest river (5)
- Australian river (7)
- South American river (6)
- Capital of Zimbabwe (6)

DOWN

- Monarchy on the French Riviera (6)
- Saltwater lake on the border between Israel and Jordan (4,3)
- Italian isle (5)
- Texas city (6)
- Island country south of Sicily (5)
- Famous fountain in Rome (5)
- Currency of Nigeria (5)
- Funchal is the capital of this Atlantic island (7)
- Riga is the capital of this Baltic country (6)
- Tenerife's volcanic peak (5)
- Capital of the Czech Republic (6)
- City in northeastern Oklahoma (5)



HEALTH

tip



HEALTH TIP— STAY HYDRATED

Average adults lose more than 10 cups of fluids per day. As a rule of thumb, be proactive about hydrating yourself to avoid the first and most common sign of dehydration: thirst. Drink before you venture out into the heat, during your activities, and after to constantly replenish your fluid stores.

VA



U.S. Department of Veterans Affairs


Veterans Health Administration
Butler VA Health Care System

353 North Duffy Road
Butler, PA 16001
800.362.8262
724.287.4781



 www.va.gov/butler-health-care

 facebook.com/vabutlerpa

 twitter.com/vabutlerpa

ARMSTRONG COUNTY VA OUTPATIENT CLINIC

11 Hilltop Plaza
Kittanning, PA 16201
724.545.8420

CLARION COUNTY VA OUTPATIENT CLINIC

56 Clarion Plaza, Suite 115
Monroe Township, PA 16214
814.226.3900

CRANBERRY TOWNSHIP VA OUTPATIENT CLINIC

900 Commonwealth Drive, Suite 100
Cranberry Township, PA 16066
724.742.3500 or 724.741.3131

LAWRENCE COUNTY VA OUTPATIENT CLINIC

Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724.598.6080

MICHAEL A. MARZANO VA OUTPATIENT CLINIC

295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724.346.1569

The Butler VA Health Care System, located in Butler County, Pennsylvania has been attending to Veteran's total care since 1947. We are the health care choice for over 25,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. The Butler VA provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.

Refer a Buddy

Know a fellow Veteran **not** enrolled in VA health care? Tell them about the Butler VA! Now is the time to enroll. Call us at 800-362-8262 to get started today.



The Butler VA wants to bring attention to all Veterans what choices they have, and the full range of health care services and programs they have access to when they ChooseVA.

www.choose.va.gov



VA HEALTH CARE MYTH 1

"I didn't serve in combat/I was not injured in the service, so I am not eligible for VA health care"

FACT: If you served in the United States military – even during peacetime – and regardless of whether or not you sustained an injury during your military service, you may qualify for VA health care benefits.

